



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Basic Report 20136, Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked**

Report Date: June 26, 2017 22:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup spaghetti packed 116g	1 cup spaghetti packed 151g	1 cup elbows not packed 117g	1 cup farfalle 107g	1 cup penne 97g	1 cup shells 105g	1 cup lasagne 116g	1 cup rotini 107g
<b>Proximates</b>										
Water	g	60.72	70.44	91.69	71.04	64.97	58.90	63.76	70.44	64.97
Energy	kcal	159	184	240	186	170	154	167	184	170
Protein	g	5.82	6.75	8.79	6.81	6.23	5.65	6.11	6.75	6.23
Total lipid (fat)	g	1.50	1.74	2.27	1.75	1.60	1.46	1.57	1.74	1.60
Carbohydrate, by difference	g	31.51	36.55	47.58	36.87	33.72	30.56	33.09	36.55	33.72
Fiber, total dietary	g	4.6	5.3	6.9	5.4	4.9	4.5	4.8	5.3	4.9
Sugars, total	g	0.85	0.99	1.28	0.99	0.91	0.82	0.89	0.99	0.91
<b>Minerals</b>										
Calcium, Ca	mg	12	14	18	14	13	12	13	14	13
Iron, Fe	mg	1.65	1.91	2.49	1.93	1.77	1.60	1.73	1.91	1.77
Magnesium, Mg	mg	45	52	68	53	48	44	47	52	48
Phosphorus, P	mg	110	128	166	129	118	107	116	128	118
Potassium, K	mg	77	89	116	90	82	75	81	89	82
Sodium, Na	mg	6	7	9	7	6	6	6	7	6
Zinc, Zn	mg	1.12	1.30	1.69	1.31	1.20	1.09	1.18	1.30	1.20
<b>Vitamins</b>										
Thiamin	mg	0.157	0.182	0.237	0.184	0.168	0.152	0.165	0.182	0.168
Riboflavin	mg	0.103	0.119	0.156	0.121	0.110	0.100	0.108	0.119	0.110
Niacin	mg	2.887	3.349	4.359	3.378	3.089	2.800	3.031	3.349	3.089
Vitamin B-6	mg	0.097	0.113	0.146	0.113	0.104	0.094	0.102	0.113	0.104
Folate, DFE	µg	20	23	30	23	21	19	21	23	21
Vitamin E (alpha-tocopherol)	mg	0.10	0.12	0.15	0.12	0.11	0.10	0.10	0.12	0.11
<b>Lipids</b>										
Fatty acids, total saturated	g	0.239	0.277	0.361	0.280	0.256	0.232	0.251	0.277	0.256
Fatty acids, total monounsaturated	g	0.171	0.198	0.258	0.200	0.183	0.166	0.180	0.198	0.183

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Fatty acids, total polyunsaturated	g	0.584	0.677	0.882	0.683	0.625	0.566	0.613	0.677	0.625
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Amino Acids</b>										
<b>Other</b>										